

**Lunes-Monday**

- 9** Coditos a la Napolitana  
Pasta with Tomato Sauce

Huevos Gratinados al Horno  
Eggs au Gratin  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread  
**Kcal: 753 Lip: 26,82 Prot: 25,66 HC: 103,00**
- 16** Arroz con Tomate Confitado  
Rice with Tomato Sauce  
Tortilla Francesa de York  
Ham French Omelette  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

**Kcal: 660 Lip: 21,10 Prot: 19,45 HC: 101,70**
- 23** Paella Hortelana  
Rice with Vegetables

Caballa con Tomate  
Mackerel with Tomato Sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread  
**Kcal: 794 Lip: 26,57 Prot: 36,26 HC: 104,57**
- 30** Espaguettis INTEGRALES al Gratin  
Whole Wheat Spaguettis au Gratin  
Revuelto de Salchichas de Pavo  
Scrambled Eggs with Turkey Sausages  
Ensalada Variada  
Mixed Salad  
Fruta y Pan Integral  
Fruit and Whole Wheat Bread

**Kcal: 752 Lip: 30,37 Prot: 30,56 HC: 87,58**

**Martes-Tuesday**

- 10** Garbanzos Estofados con Chorizo  
Stewed Chickpeas with Chorizo

Bacalao al Ajillo  
Cod with garlic sauce  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread  
**Kcal: 683 Lip: 22,82 Prot: 38,20 HC: 84,82**
- 17** Lentejas Estofadas con Verduras  
Stewed Lentils with Vegetables  
Atún a la Andaluza  
Floured Tuna  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**Kcal: 730 Lip: 21,69 Prot: 37,95 HC: 96,30**
- 24** Alubias Blancas con Chorizo  
Stewed White Beans with Chorizo

Tortilla Francesa  
Omelette  
Calabacín Asado  
Baked Zucchini  
Fruta y Pan  
Fruit and Bread  
**Kcal: 697 Lip: 28,93 Prot: 26,02 HC: 85,92**

**Miercoles-Wednesday**

- 11** Arroz Cantonés  
Cantonese Fried Rice

Pollo en Pepitoria  
Chicken in Pepitoria  
Tomate Aliñado  
Seasoned Tomato  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread  
**Kcal: 815 Lip: 25,37 Prot: 40,53 HC: 93,68**
- 18** Crema de Calabaza  
Pumpkin Cream  
Rotti de Pavo Asado  
Baked Turkey Roti  
Patata Cocida  
Boiled Potatoes  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread

**Kcal: 575 Lip: 22,38 Prot: 26,76 HC: 68,18**
- 25** Judías Verdes con Tomate /Crema de Verduras  
Green Beans with Tomato Sauce/Vegetables Cream  
Pollo al Limón  
Chicken in Lemon Sauce  
Cous Cous  
Cous Cous  
Yogur y Pan Integral  
Yogurt and Whole Wheat Bread  
**Kcal: 621 Lip: 24,24 Prot: 34,38 HC: 66,21**

**Jueves-Thursday**

- 12** Brócoli al Gratin /Crema de Brócoli y Zanahoria  
Broccoli au Gratin/ Broccoli and Carrot Cream  
Magro de Cerdo Estofado  
Stewed Lean Pork  
Cous Cous  
Cous Cous  
Fruta y Pan Integral  
Fruit and Bread  
**Kcal: 665 Lip: 23,81 Prot: 37,68 HC: 72,34**
- 19** Ensalada de Pasta  
Pasta Salad  
Merluza con Aceite de Ajo y Perejil  
Hake with Garlic and Parsley Oil  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread

**Kcal: 651 Lip: 17,98 Prot: 33,44 HC: 90,98**
- 26** Lasaña Boloñesa  
Bolognese Lasagna

Fogonero al Horno  
Baked Fish  
Ensalada Variada  
Mixed Salad  
Fruta y Pan  
Fruit and Bread  
**Kcal: 559 Lip: 20,29 Prot: 35,37 HC: 59,99**

**Viernes-Friday**

- 13** Ensalada Campera  
Potato Salad

Bacaladitos Enharinados (Harina de maíz)  
Floured Fish  
Calabacín al Horno  
Baked Zucchini  
Yogur y Pan  
Yogurt and Bread  
**Kcal: 695 Lip: 28,95 Prot: 39,52 HC: 69,84**
- 20** Sopa de Cocido  
Meat Soup  
Cocido Completo  
Chickpeas with Meat and Vegetables

Natillas Caseras y Pan  
Homemade Custard and Bread

**Kcal: 839 Lip: 27,88 Prot: 44,62 HC: 104,51**
- 27** Sopa de Fideos  
Noodle Soup

Ternera a la Jardinera  
Beef with Vegetables  
Menestra Salteada  
Sauteed Vegetables  
Yogur y Pan  
Yogurt and Bread  
**Kcal: 568 Lip: 23,34 Prot: 33,42 HC: 55,20**